



# THE CONNECTION

Calvert County Office on Aging Newsletter

November 2020



## From the Division Chief

November is now upon us and how quickly 2020 is passing by! While time marches on, the work of the Office on Aging continues as well. We continue to ensure meal delivery for seniors in our community. Our staff and Meals on Wheels volunteers have delivered over 30,000 meals to the doorsteps of seniors! Our social services team continues to help seniors with Medicare assistance along with other services, while our fiscal staff processes orders for products to improve our offerings. The ombudsman team advocates for seniors in nursing home and assisted living facilities, and our hard working custodial staff ensures that facilities are clean and sanitized.

Two of our cherished holidays we celebrate this month are Veterans Day and Thanksgiving. We are so appreciative of the veterans in our community that have served our nation, particularly the senior veterans we have the privilege to serve. We thank all veterans for their service. Finally, even during this challenging year, we have much to be thankful for. It is always good to remember and focus on the blessings we have in our lives. We hope you have a wonderful Thanksgiving and enjoy this special time our nation has set aside to give thanks.

As always, if we can assist you in any way, do not hesitate to call upon the Office on Aging. We are here to serve you.

## Resources for Veterans

Veterans, we thank you for your service to our nation. The Office on Aging is closed on Wednesday, Nov. 11 in observance of Veterans Day. Please click on the Calvert County Government website [here](#) for resources that may benefit you.



## National Family Caregivers Month

National Caregivers Month, celebrated each November, is a time to recognize and honor family caregivers across the country.

This year's theme, "Caregiving In Crisis" recognizes the new realities that family caregivers face with their loved ones during these uncertain times. The Office on Aging salutes and supports the caregivers in our community.

## Senior Center Improvements

### Look at What's New!



During our closure, we have installed numerous hand sanitizer dispensers at each Center, along with barriers in various offices to better protect both our seniors and staff members.

Additionally, we have made some improvements to our fitness facilities to better serve you!



*New touchless hand sanitizer dispensers have been installed at all three Senior Centers.*



*New barriers serve to protect both staff and seniors.*



*Mirrors have been added to the fitness rooms that improve both the aesthetics and lighting.*



## Drive Thru Goody Bag Event on November 19

On Thursday, Nov. 19, each Senior Center will hold a drive-thru event in the parking lot. A goody bag will be given to all seniors in attendance while supplies last.

We hope to see you between 10–11:30 a.m. on Nov. 19 (rain date is Nov. 20). We are thankful for the opportunity to see and serve you!



## Calvert Pines Senior Center Enjoys New Library!

LITTLE FREE LIBRARY.ORG®  
TAKE A BOOK • RETURN A BOOK



The Office on Aging and the Calvert Pines Senior Center received a “Little Free Library” from the Southern Maryland Agricultural Development Commission, a division of the Tri-County Council of Southern Maryland. While it is on the property of the Calvert Pines Senior Center, it truly belongs to the entire Prince Frederick community. This allows citizens to “take a book” or “leave a book” for others to enjoy.

President George Washington issued a Thanksgiving Proclamation in October of 1789. He assigned Nov. 26 as a day for our nation to give thanks.

The document reads “to recommend to the People of the United States a day of public thanksgiving and prayer to be observed by acknowledging with grateful hearts the many signal favors of Almighty God especially by affording them an opportunity peaceably to establish a form of government for their safety and happiness.” You can read the proclamation from the National Archives [here!](#)

**did?**  
**YOU.**  
**know**



## Commission on Aging News

*Advocating for Calvert County Senior Citizens*

We have many County Senior volunteer advocates working to improve the offerings for local citizens. Read about the [latest updates](#) and learn how you can get involved!

## Keep an Eye on Events!

### Medicare Part D Open Enrollment

Staff will be available to help citizens enroll in Medicare Part D Oct. 15 through Dec. 7. Call the Office on Aging at 410-535-4606 for more information.



### Grieving Through the Holidays

This is a four-week grief group for anyone who has experienced the loss of a loved one and needs some help facing the approaching holiday season. Meetings will be held virtually via Zoom. The group will meet Nov. 11 and 18 and again on Dec. 2 and 9 from 4:30-6 p.m. The cost is \$40 for resource materials, and scholarships are available. Register online [here](#) or contact Trina Goffe at [tgoffe@calverthospice.org](mailto:tgoffe@calverthospice.org) or 410-535-0892, ext. 2201.



### Virtual Senior Center Recipes

If you go visit our [Virtual Senior Center](#), you'll find video recipe demonstrations from our staff. From a fresh corn and tomato salad to a tasty taco dip, these recipes are easy-to-follow and delicious to enjoy. If you would like to have a copy of a recipe emailed to you, please call your local senior center to request one. We would be happy to email the recipe to you. Bon appetite!

### Virtual Crafting with our Senior Center

We have some wonderful craft videos on our [Virtual Senior Center](#)! Learn how to make a Yarn Rug with Tammie or create a wonderful Sea Glass Craft with Anne! The Office on Aging would like to thank Anna Marie Lawson for providing the sea glass.



**Happy Thanksgiving from the Office on Aging!**

### CONTACT INFORMATION

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